

Broccoli Pistachio Burger

Ingredients:

1/2 cup/80g pistachios, shelled

4 cups/400g broccoli florets

1/2 teaspoon sea salt or to taste

1/2 teaspoon chili flakes

1/4 cup quinoa flakes or fine GF oat flakes

1/4 cup mixed seeds (e.g. white and black sesame, pumpkin or sunflower seeds)

1-2 tablespoons olive oil for frying

Preparation:

1. Steam the broccoli florets for about 5 minutes or until tender.
2. In a food processor blend cooked broccoli, pistachios, sea salt and chili flakes until mixture sticks together.
3. Transfer mixture to a bowl and knead in quinoa or oat flakes and seeds. Let stand for about 10 minutes, so the flakes can absorb some moisture. Form patties of the size of the balm of your hand. Handle the patties with extra care, as they break quite easily.
4. Shallow fry the patties in a little olive oil over medium heat, about 3-5 minutes on each side. Serve in burger bun or with your preferred burger sides.

